

Partner Passing – Passing Drill



Overview:

Partner passing teaches the absolute basics of passing and allows your players to practice different types of passes and the correct technique.

A great drill for kids beginning to learn the game of basketball.

Setup:

Players get into pairs and should have one basketball between them.

Once the players are in pairs, they must stand on a line parallel from their partner.

How it Works:

The coach will explain which type of pass they want performed and then the players will pass back and fourth to each other.

Every minute or so the coach can change the type of pass the players are performing or increase the distance they are apart if it's too easy.

Coaching Points:

- Make sure you mix up which type of pass you want them to perform (bounce pass, chest pass, one-handed push-pass, ect).
- Don't allow players to be silly and throw the basketball too hard at their partner. It will end up with blood noses.
- Make sure all coaches are teaching the same passing technique so the kids don't get confused.

Stationary Keepings Off – Passing Drill



Overview:

This main goal of this drill is to teach the basics of spacing between players and also to teach decision making on the catch.

When players are young we all know they constantly sprint towards the basketball. By keeping them stationary in this drill, we show them that it's easier to keep the ball away from the defense if we're spread apart.

Setup:

Select one or two players to be the defenders and get the rest of your players to spread out in a small area like the three-point line.

The team on offense will only need one basketball.

How it Works:

When the drill begins, the defenders will run around trying to steal the basketball from the offensive team. The defenders goal is to get a deflection or a steal.

The offensive players must stay in one space and pass the ball around to each other keeping the basketball away from the defenders.

After a minute or two, swap the defenders over.

Coaching Points:

- Allow the defenders to sprint around wildly. They'll have fun.
- Encourage the offensive team to make quick decisions when they receive the basketball.
- Make sure everyone is getting a turn to pass on offense. If they're not, join in the game and pass them the basketball.



Count Em' Up – Passing Drill



Overview:

This drill is a more advanced version of the keepings off game.

It works on getting open, denying the offensive player, and making smart passes to limit turnovers.

Setup:

The first thing you need to do is split the kids up into two even team. Preferably the teams are different colors so that they can differenciate between each other during the drill.

The drill involves only one basketaball.

How it Works:

The first thing that happens is that all players must match-up and stick to their individual opponent.

The goal of the drill is to move around make a certain amount of passes set by the coach without the opposition deflecting the basketball or getting a steal. No dribbling or shooting allowed.

The amount of passes that must be made should be between 5 and 20 depending on age and experience.

Players are allowed to move around wherever they want within the playing area.

If the defenders get a steal or deflect the basketball out of bounds, it becomes their ball and the offense and defense switch roles.

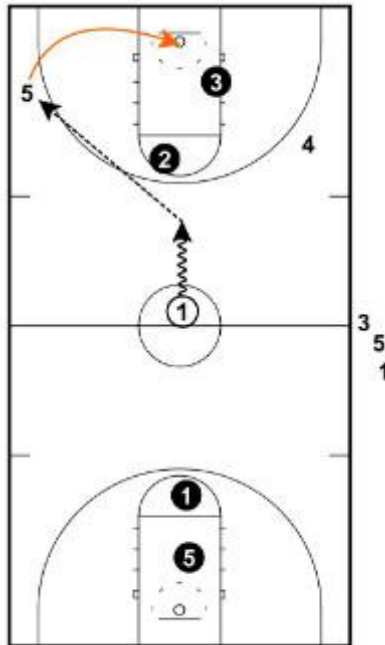
For each time that a team successfully makes the certain number of passes, they get 1 point.

Coaching Points:

- Encourage players to set screens for each other and use body fakes to get open.
- Encourage the best players to play against each other and challenge each other.
- Spacing is of the utmost importance. Don't allow players to sprint at the basketball.



Continuous 3 on 2 – Passing Drill



Overview:

This is one of the best drills I know for improving passing and decision making.

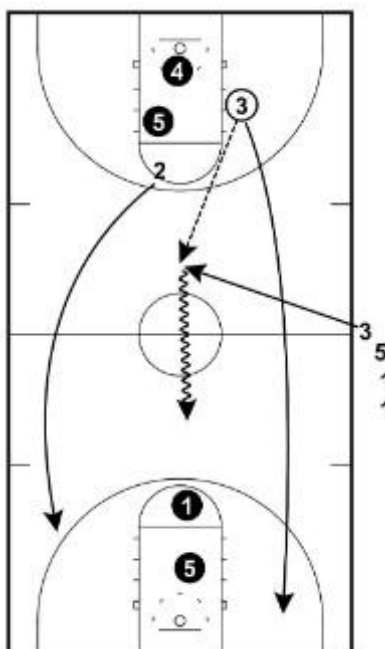
As the name suggests, it's continuous 3 on 2. Having an extra player on offense means that there's always someone open as long as the offensive team keeps spaced apart.

Setup:

The drill starts with 3 offensive players in the middle of the court, 2 defenders in each half court, and the rest of the players standing out of bounds at the half court line.

Only one basketball is needed for this drill.

How it Works:



The three offensive players attack two defenders at one end of the court and will either score or the defensive players will get the basketball.

Once the two defensive players get the basketball (either by steal, rebound, or because the offensive team scored), they outlet to the next player in line at half way who sprints in to help advance the ball.

The two defenders now become offensive team and they get an extra player from the sideline to give them 3 players. They now attack towards the other end of the court 3 on 2.

As for the 3 previous offensive players, 2 of them become the next defenders and 1 of them joins the end of the out of bounds line.

This process repeats for a set amount of time.

Coaching Points:

- Make sure the offensive players are staying spaced on the floor so that they can get open looks.
- There's no reason the offensive team shouldn't be taking an open shot.
- If you want to make the drill more advanced, don't allow the players to dribble the basketball.

